



Saint Thomas More
CATHOLIC COMMUNITY

Fifth Sunday in Ordinary Time

FEBRUARY 4, 2024

Prelude

10:30 a.m., Venite, adoremus

Come, let us worship God
and bow down before the Lord;
let us shed tears before the Lord who made us,
for he is the Lord our God.

Psalm 95:6, 7

Psalm 95
Come, let us ring out our joy to the Lord;
hail the rock who saves us.
Let us come into his presence, giving thanks;
let us hail him with a song of praise.

A mighty God is the Lord,
a great king above all gods.
In his hands are the depths of the earth;
the heights of the mountains are his.
To him belongs the sea, for he made it,
and the dry land that he shaped by his hands.

O that today you would listen to his voice!
“Harden not your hearts as at Meribah,
as on the day at Massah in the desert.”

Glory be to the Father, and to the Son,
and to the Holy Spirit.
As it was in the beginning, is now,
and ever shall be, world without end. Amen.

THE INTRODUCTORY RITES

Processional

"How Can I Keep From Singing?"



1. My life flows on in end-less song. A -
 2. Through all the tu - mult and the strife I
 3. What though my joys and com-fort die? The
 4. The peace of Christ makes fresh my heart, A



bove earth's lam - en - ta - tion I hear the clear though
 hear that mu - sic ring - ing. It finds an ech - o
 Lord my sav - ior liv - eth. What though the dark - ness
 foun - tain ev - er spring-ing! All things are mine since



far - off hymn That hails a new cre - a - tion.
 in my soul. How can I keep from sing-ing?
 gath - er round? Songs in the night he giv - eth.
 I am his! How can I keep from sing-ing?



No storm can shake my in-most calm While to that Rock I'm



cling - ing. Since Christ is Lord of heav-en and earth,



How can I keep from sing - ing?

Text: Robert Lowry, 1826–1899, alt.
 Tune: HOW CAN I KEEP FROM SINGING, 8 7 8 7 with refrain; Robert Lowry, 1826–1899

Sign of the Cross & Greeting

Rite of Receiving the Child for Baptism

10:30 a.m.

Penitential Act

Mass of Joy and Peace
omitted at 10:30 a.m.

Priest, deacon, or cantor, then all:




(Invocation) Ký - ri - e, e - lé - i - son.

Priest, deacon, or cantor, then all:



(Invocation) Chri - ste, e - lé - i - son.

Priest, deacon, or cantor, then all:



(Invocation) Ký - ri - e, e - lé - i - son.

Music: *Mass of Joy and Peace*, Tony E. Alonso, © 2010, GIA Publications, Inc.

Glory to God

Mass in Honor of St. Benedict

All:



Glo-ry to God in the high - est, and on earth peace to
peo-ple of good will. We praise you, we bless you, we a-
dore you, we glo-ri-fy you, we give you thanks for your
great glo-ry, Lord God, heav-en-ly King, O God, al-might-y

The music is continued on the following page.

Cantor/Choir or All:

Fa-ther. Lord Je-sus Christ, On-ly Be-got-ten Son,
Lord God, Lamb of God, Son of the Fa-ther, you take a -
way the sins of the world, have mer-cy on us; you
take a-way the sins of the world, re-ceive our prayer;
you are seat-ed at the right hand of the Fa-ther, have
All:
mer-cy on us. For you a-lone are the Ho-ly One,
you a-lone are the Lord, you a-lone are the Most-High,
Je-sus Christ, with the Ho-ly Spir-it, in the glo-ry of
God the Fa-ther. A-men, a-men, a - men.

Text: The Roman Missal, © 2010, ICEL. All rights reserved.

Music: Mass in Honor of Saint Benedict, Robert LeBlanc, © 2010.

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Collect

THE LITURGY OF THE WORD

First Reading

Job 7:1-4, 6-7

I am filled with restlessness until the dawn.

Responsorial Psalm

Psalm 147



Praise the Lord, praise the Lord, who heals the broken-heart-ed.

Text: *Lectionary for Mass*, © 1969, 1981, 1997, ICEL
Music: Michel Guimont, © 1994, GIA Publications, Inc.

Second Reading

1 Corinthians 9:16-19, 22-23

Woe to me if I do not preach the Gospel.

Gospel Acclamation

Mass for John Carroll



Al-le - lu - ia! Al-le - lu - ia! Al - le - lu - ia, al - le - lu - ia!

Music: *Mass for John Carroll*, Michael Joncas, © 1990, GIA Publications, Inc.

Gospel

Mark 1:29-39

Jesus cured many who were sick with various diseases.

Homily

Rev. Mr. Fish Fischer

Celebration of the Sacrament of Baptism

10:30 a.m.

Profession of Faith

The Nicene Creed

I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.

I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven,

(Bow during the following two lines.)

and by the Holy Spirit was incarnate of the Virgin Mary,
and became man.
For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored and glorified,
who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church.
I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come. Amen.

Universal Prayer

R/. Lord, hear our prayer.

St. Thomas More relies on the generosity of its beloved parishioners and many welcome guests. In addition to the collection basket, contributions may be made online by visiting www.morecommunity.org/give.



THE LITURGY OF THE EUCHARIST

Preparation of the Gifts

"The Servant Song"

1. Will you let me be your ser - vant, let me be as
 2. We are pil - grims on a jour - ney, we are trav - 'lers
 3. I will hold the Christ-light for you in the night - time
 4. I will weep when you are weep - ing; when you laugh I'll
 5. When we sing to God in heav - en we shall find such

Christ to you; pray that I may have the grace to
 on the road; we are here to help each oth - er
 of your fear; I will hold my hand out to you,
 laugh with you. I will share your joy and sor - row
 har - mo - ny, born of all we've known to - geth - er

let you be my ser - vant, too.
 walk the mile and bear the load.
 speak the peace you long to hear.
 'Til we've seen this jour - ney through.
 of Christ's love and ag - o - ny.

Text: Richard Gillard, b. 1953

Tune: Richard Gillard, b. 1953; harm. by Betty Pulkingham, b. 1928

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Holy, Holy, Holy

A Community Mass

Ho - ly, Ho - ly, Ho - ly Lord God of hosts.
Heav'n and earth are full of your glo - ry. Ho -
san - na in the high - est, ho - san - na in the high - est.
Blessed is he who comes in the name of the Lord. Ho -
san - na in the high - est, ho - san - na in the high - est.

The musical score is written on five staves in G major (one sharp) and common time. The melody is simple and hymn-like, with lyrics written below the notes. The first staff ends with a whole note rest. The second staff has a half note rest. The third staff ends with a whole note rest. The fourth staff has a half note rest. The fifth staff ends with a quarter note rest.

Text: ICEL, © 2010
Music: *A Community Mass*, Richard Proulx, © 1971, GIA Publications, Inc.


Memorial Acclamation

When we eat this Bread and drink this Cup, we pro-
claim your Death, O Lord, un - til you come a - gain.

The musical score is written on two staves in G major (one sharp) and common time. The melody is simple and hymn-like, with lyrics written below the notes. The first staff ends with a half note rest. The second staff ends with a quarter note rest.

Text: ICEL, © 2010
Music: *A Community Mass*, Richard Proulx, © 1988, 2010, GIA Publications, Inc.

Great Amen




A - men, a - men, a - men.

The musical notation for 'Great Amen' is written on a single staff in C major, 4/4 time. It begins with a treble clef and a common time signature. The melody consists of eighth and quarter notes, with a final half note and a quarter rest. The lyrics 'A - men, a - men, a - men.' are written below the staff, with hyphens indicating the syllables are spread across multiple notes.

Music: *A Community Mass*, Richard Proulx (adapt.), © 1971, 2011, GIA Publications, Inc.

Lamb of God



Lamb of God, you take a - way the sins of the world,
have mer-cy on us. grant us peace.

The musical notation for 'Lamb of God' is written on two staves in D major, 4/4 time. The first staff is for the 'Cantor or choir' and the second for 'All:'. The melody for the first staff includes a triplet of eighth notes. The lyrics 'Lamb of God, you take a - way the sins of the world,' are written below the first staff. The second staff has two parts: 'To repeat' and 'Last time'. The lyrics 'have mer-cy on us.' and 'grant us peace.' are written below the second staff. The 'To repeat' section ends with a double bar line and repeat dots, and the 'Last time' section begins with a quarter rest.

Music: *Holy Cross Mass*, David Clark Isele, © 1979, GIA Publications, Inc.

Communion Antiphon

You satisfy the thirsty soul with good things.

Let them thank the Lord for his mercy,
his wonders for the children of men,
for he satisfies the thirsty soul,
and the hungry he fills with good things.
Cf. Psalm 107:8-9

Communion Song

"Bread of Life from Heaven"

Refrain / Estribillo



Bread of life from heav-en, your blood and bod - y giv - en, we
Pan de vi - da e - ter - na, nos das tu cuer - po y san - gre. ‡



eat this bread and drink this cup un - til you come a - gain.
Has - ta que vuel - vas tú, Se - ñor, co - me - mos en tu a - mor.

Verses / Estrofas



- | | | |
|------------------------|------------------------------|------------|
| 1. Break now the bread | of Christ's sac - ri - fice; | Giv - ing |
| 2. Seek not the food | that will pass a - way; | Set your |
| 3. Love as the One | who, in love for you, | Gave him - |
| 4. Take in the light | that will nev - er dim, | Taste the |
| 5. Dwell in the One | who now dwells in you; | Make your |
| 6. Drink of this cup | and de - clare his death; | Eat this |



thanks, hun - gry ones gath - er 'round.	Eat all of you, and be
hearts on the food that en - dures.	Come, learn the true and the
self for the life of the world.	Come to the One who is
life that is strong - er than death.	Live in the One who will
home in the life - giv - ing Word.	Know on - ly Christ, Ho - ly
bread and be - lieve Eas - ter morn;	Trust his re - turn and, with



sat - is - fied;	In Christ's pres - ence the loaves will a - bound.
liv - ing Way,	That the full - ness of life may be yours.
food for you,	That your hun - ger and thirst be no more.
come and then	Raise you up at the last with the blest.
One of God,	And be - lieve in the truth you have heard.
ev - 'ry breath,	Praise the One in whom you are re - born.

Text: Based on John 6; adapt. by Susan R. Briebl, b.1952; tr. by Jaime Cortez, b.1963
Tune: ARGENTINE SANTO, 9 9 9 9 with refrain; Argentine folk melody; adapt. and verses by Marty Haugen, b.1950
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Reflection

10:30 a.m., "Be Thou My Vision"
arranged by Alice Parker (1925-2023)

Be thou my vision, O Lord of my heart;
Nought be all else to me, save that thou art.
Thou my best thought by day or by night,
Waking or sleeping, thy presence my light.

Be thou my wisdom, and thou my true word;
I ever with thee and thou with me, Lord;
Thou my great Father, I thy true son;
Thou in me dwelling, and I with thee one.

Riches I heed not, nor man's empty praise,
Thou mine inheritance, now and always;
Thou and thou only, first in my heart,
High King of heaven, my treasure thou art.

High King of heaven, my victory won,
May I reach heav'ns joys, O bright heaven's Sun!
Heart of my own heart, whatever befall,
Still be thou my vision, O Ruler of all.

Prayer after Communion

THE CONCLUDING RITES

Blessing & Dismissal

Recessional

"I Want to Walk as a Child of the Light"

1. I want to walk as a child of the light.
 2. I want to see the bright-ness of God.
 3. I'm look - ing for the com - ing of Christ.

I want to fol - low Je - sus.
 I want to look at Je - sus.
 I want to be with Je - sus.

God set the stars to give light to the world. The
 Clear sun of right-eous - ness shine on my path And
 When we have run with pa - tience the race, We

star of my life is Je - sus.
 show me the way to the Fa - ther.
 shall know the joy of Je - sus.

In him there is no dark - ness at all. The

night and the day are both a - like. The

Lamb is the light of the cit - y of God.

Shine in my heart, Lord Je - sus.

Text: Ephesians 5:8-10, Revelation 21:23, John 12:46, 1 John 1:5, Hebrews 12:1; Kathleen Thomerson, b.1934
 Tune: HOUSTON, 10 7 10 8 with refrain; Kathleen Thomerson, b.1934
 © 1970, 1975, Celebration



News & Announcements

FEBRUARY 4, 2024

STM Vegetarian Potluck

FEBRUARY 9, 6 – 8 PM, ST. IGNATIUS HALL

What we eat has implications for ecological health and feeding a hungry world. Come enjoy a potluck, hear a short presentation on the impact of food choices, and enjoy wonderful company. Please sign up so we know how many to expect! Please fill out the form in our newsletter to RSVP!

Theological and Practical Insights into NFP

FEBRUARY 10, 5:30 PM, ST. IGNATIUS HALL

Through the lens of Saint Pope Paul VI's encyclical *Humanae Vitae* and the Creighton Model FertilityCare System of charting a woman's cycle, we will explore the theology behind this practical tool for living into God's vision for our sexuality. Broadly, you'll come away with a better understanding of this natural method of family planning and its applications for cycle health and fertility, as well as deeper insight into the Church's teaching on virtuous, life-giving relationships. Refreshments will be provided—please register in advance at www.morecommunity.org/fertilitycare.

Lent Small Group Ignatian Retreats

SESSIONS BEGIN THE WEEK OF FEBRUARY 12

Whether you are new to the Spiritual Exercises of St. Ignatius or have been participating in our Ignatian retreats for years, we are confident you will be blessed and nourished by this year's Ignatian Lent Retreat provided by the Ignatian Spirituality Center!

Register now at www.ignatianspiritualitycenter.org

Ash Wednesday Masses

FEBRUARY 14, 7:15 AM, 8:30 AM (School Mass), & 5:30 PM

Join us for one of our three Masses on Ash Wednesday. This day marks the beginning of the penitential season of Lent. The ashes are a solemn reminder of our human mortality and our need for reconciliation with God.



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